

a1
3. An exercise device as claimed in claim 1 wherein the two chambers are formed from a single chamber substantially divided in two by the provision of two or more dividers between the two chambers, a gap being provided in each divider for the passage of fluid therethrough.

6. An exercise device as claimed in claim 3 wherein three dividers are provided between the two chambers, the central divider having a gap for the passage of fluid at the opposite end to the dividers either side thereof.

a2
7. An exercise device as claimed in claim 1 wherein the variable resistance means is a variable resistance valve which is provided between the two chambers.

8. An exercise device as claimed in claim 1 wherein the device is formed from a 200 micron laminate PVC.

9. An exercise device as claimed in claim 8 wherein the material of the device is such that advertising material can be printed thereon or affixed thereto.

Please ☒ cancel claim 10.

Please ☒ add the following new claims:

a3
11. An exercise device as claimed in claim 2 wherein the two chambers are formed from a single chamber substantially divided in two by the provision of two or more dividers between the two chambers, a gap being provided in each divider for the passage of fluid therethrough.

12. An exercise device as claimed in claim 11 wherein the dividers are provided with gaps at